

The Torture of a Flax Shirt.

The most trying ordeal that Booker T. Washington was forced to endure as a slave boy was the wearing of a flax shirt. In his autobiography, "Up From Slavery," he says:

"In the portion of Virginia where I lived it was common to use flax as part of the clothing for slaves. That part of the flax from which our clothing was made was largely the refuse, which of course was the cheapest and roughest part. I can scarcely imagine any torture except perhaps the pulling of a tooth that is equal to that caused by pulling on a new flax shirt for the first time. It is almost equal to the feeling that one would experience if he had a dozen or more chestnut burs or a hundred small pin points in contact with the flesh. Even to this day I can recall accurately the tortures that I underwent when pulling on one of these garments. The fact that my flesh was soft and tender added to the pain. But I had no choice. I had to wear the flax shirt or none, and had it been left to me to choose I should have chosen to wear no covering.

"In connection with the flax shirt my brother John, who is several years older than I am, performed one of the most generous acts that I ever heard of one slave relative doing for another. On several occasions when I was being forced to wear a new flax shirt he generously agreed to put it on in my stead and wear it for several days till it was 'broken in.' Until I had grown to be quite a youth this single garment was all that I wore."

The Resin Eaters.

"Resin eating," said a south Georgia doctor, "is a habit acquired by the Cracker settlers who live in the neighborhood of a turpentine still. The resin they use isn't the hard, shiny resin of commerce, but has been dipped out of the cooking caldron at an early stage of the process, and when it cools it can be kneaded between the fingers like wax. The backwoods resin eater will bite off an immense chunk and chew it placidly until it disappears. The heat of the mouth keeps it fairly soft, but if the chewing becomes too deliberate it is apt to 'set,' as they say, and cement the victim's jaws together in a grip of iron.

"On one occasion a big, rawboned backwoodsman who used to hang around a still I operated came rushing into my little office, clutching his face in both hands and making a horrible gurgling noise in his throat. 'What on earth is the matter?' I asked in alarm. 'His rosum's sot,' said another Cracker, who brought up the rear. I was non-plused at first, but finally grasped the fact that the man had been chewing a monstrous slab of resin and had thoughtlessly suspended operations long enough to allow it to solidify and clamp his teeth like a vice. We finally pried his mouth open with a chisel and broke a couple of molars in the operation. Next day I saw him chewing again."—Exchange.

The White Shark.

The shark of sharks, the real "man eater" and the one most dreaded, is the white shark. This variety reaches a length of 35 feet and a weight of 2,000 pounds. Its head is long and flat, and the snout far overhangs the mouth. Its six rows of teeth are sharp as lancets and notched like saws. Its mouth is very large, so that one has been known to cut a man's body completely in two at a single snap of its cruel jaws and another to swallow one at a gulp. Near Calcutta one of these sharks was seen to swallow a bullock's head, horns and all.

From the stomach of another bull's hide was taken entire, and the sailor who made the discovery insisted that the bull had been swallowed whole and all except the hide had been digested. From the stomach of another was taken a lady's workbox, filled with the usual contents, scissors and all. It is commonly the white shark which follows the vessel at sea day after day and week after week.

Laughter.

Laughter is a positive sweetness of life; but, like good coffee, it should be well cleared of deleterious substance before use. Ill will and malice and the desire to wound are worse than chicory. Between a laugh and a giggle there is the width of the horizons. I could sit all day and listen to the hearty and heartsome ha, ha, of a lot of bright and jolly people, but would rather be shot than be forced to stay within earshot of a couple of silly gossips. Cultivate that part of your nature that is quick to see the mirthful side of things, so you shall be enabled to shed many of life's troubles, as the plumage of the bird sheds the rain. But discourage all tendencies to seek your amusement at the expense of another's feelings or in aught that is impure. It was Goethe who said, "Tell me what a man laughs at and I will read you his character."

The First Millionaire.

Who was the first millionaire? Solomon? But come down to earth in modern times. Solomon's wealth was fiction, like that of Croesus, Midas and the rest. Perhaps you remember Pope's lines—

When Hopkins dies, a thousand lights attend
The wretch who, living, saved a candle end.
John Hopkins was generally known as "Culture" Hopkins from his rapacious method of acquiring money. He was the architect of his own fortune, dying worth \$1,500,000 in 1932.—New York Press.

Willing to Hear of It.

A Methodist critic, wishing to put his bishop "in a hole," or, as Dr. William Everett would say, "to deposit him in a cave," called in open meeting whether or not the bishop came to the conference in a Pullman car.

"Yes," the bishop cheerfully replied. "Do you know any easier way?"

The Song of the Grouse.

Certain birds when the period of courtship comes round repair to particular trysting places and announce their presence there by well known calls or signals.

The ruffed grouse, as every one knows, seeks an old log or other convenient perch and drums with his wings, a hint to any lady grouse within hearing that "Barkis is willin'."

The performance of the grouse is one frequently heard, but comparatively seldom seen, and for many years there were numerous conflicting theories concerning the means by which the drumming was produced. Some said that the sound was vocal, and others declared that the grouse struck the log with its wings. Even today the precise cause of the sound is not known, for, although the bird has been closely watched, its wing movements are so rapid that it is next to impossible to tell exactly what takes place. This much, however, is known: During the performance the grouse stands upon the leg or other perch and strikes the air in front of his body somewhat after the manner of an elated barnyard cock. The first few strokes are measured, but they become faster and faster until the individual thumps are lost, as in the rolling of a drum. Whether the sound is due entirely to beating of the air or whether it is increased by the striking together of the wing tips is a question yet to be settled.—Hartford Times.

Why Dinah Wept.

Not long ago a lieutenant in the navy was ordered away on a three years' cruise. The order had been dreaded for weeks, and when it came the young wife, who was to be left in a Brooklyn flat with a baby and a colored servant, was in despair.

She controlled her sorrow very well, however, until the actual moment of parting came, and then she wept as though her heart would break. The cruiser was to leave the navy yard early next morning, and the lieutenant had gone to report for duty.

In the midst of her lamentations the young wife heard a sniffing and sobbing in the dining room, and upon glancing through the door she saw Dinah, the colored maid, rocking her body to and fro in a chair and weeping violently.

"Why, D-D-Dinah, what's the m-matter?" cried the mistress. "You seem to t-t-take Mr. Blank's departure as much to heart as I d-do."

"Deed I doesn't, Mis' Blank; 'deed I doesn't," sobbed Dinah. "What am boderin dis chile am de fac' dat a culud genman friend o' mine am gwine sail hissef on dat same ole cruissah?"—New York Herald.

Some Exploded Food Fallacies.

Fish as a food of the brain worker must be consigned to the limbo of vanities, though certain forms of fish are the cheapest of all foods, notably the bloater. Oysters and turtle soup are frauds. It would take 14 oysters to equal the nourishment of one egg and 223 to provide the same amount of nutriment contained in a pound of beef.

Salt fish, especially salt fat fish, is the most valuable food for the poorer classes, and whole races in the south of Europe live on the Newfoundland cod. Canned salmon we see at 18 pence a pound is no more expensive than cod at sixpence. Millions of people live on it, and the North American settler who is not well provided with cash finds it a good substitute and change from flesh meat at times.

Frogs' legs are not of high nutritive value, which need not surprise us. Turtle soup from the chemist's point of view is not worth a tenth of the price paid for it.—Exchange.

There is something uncanny about a boy who can save money.—Atchison Globe.

**BAD BLOOD,
BAD COMPLEXION.**

The skin is the seat of an almost endless variety of diseases. They are known by various names, but are all due to the same cause, acid and other poisons in the blood that irritate and interfere with the proper action of the skin.

To have a smooth, soft skin, free from all eruptions, the blood must be kept pure and healthy. The many preparations of arsenic and potash and the large number of face powders and lotions generally used in this class of diseases cover up for a short time, but cannot remove permanently the ugly blotches and the red, disfiguring pimples.

Eternal vigilance is the price of a beautiful complexion when such remedies are relied on.

Mr. H. T. Shobe, 2704 Lucas Avenue, St. Louis, Mo., says: "My daughter was afflicted for years with a disfiguring eruption on her face, which resisted all treatment. She was taken to two celebrated health spas, but received no benefit. Many medicines were prescribed, but without result, until we decided to try S. S. S., and by the time the first bottle was finished the eruption began to disappear. A dozen bottles cured her completely and left her skin perfectly smooth. She is now seventeen years old, and not a sign of the embarrassing disease has ever returned."

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